


GLENWOOD 50+ CENTER

JULY 2021



 Howard County Office on
Aging and Independence
Department of Community Resources and Services

2400 Route 97
Cooksville, MD. 21723
(410) 313-5440

Virtual 50+ Center Email
virtual50@howardcountymd.gov

Center Email
[glenwood50@](mailto:glenwood50@howardcountymd.gov)
howardcountymd.gov

Monday - Friday
8:30 am - 4:30 pm

GO50+Hours
Mon - Sat: 7 am - 9 pm
Sun: 9 am - 6 pm

Volunteer Website
www.hocovolunteer.org

County Website
www.howardcountyyaging.org

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Welcome back. Beginning July 1, appointments are no longer needed to join us at the 50+Center. It's so wonderful to see so many familiar faces again, it's been way too long.

Our fitness offerings are ramping up with the addition of Prime Time on Mondays and Wednesdays, Open Line Dancing on Mondays and Tuesdays and Line Dance instruction on Wednesdays.

This month you can get your creative juices flowing at one of our many craft or cooking programs. Enjoy fused glass, cooking demonstrations, paper crafting and concrete creating.

We are working hard behind the scenes to provide new and engaging programming. Your input is needed, please watch for a short program survey coming in August.

We are hosting **live in person classes** at Glenwood and some **hybrid programs** where an instructor will be live at Glenwood, and it will be broadcasted virtually. These are indicated in blue in the calendar and descriptions.

Flea Market Swap is Coming **Wednesday, July 14** **11 am**

Bring 3 lightly loved or gently used home décor or kitchen items to swap. That is how you gain admittance.

Enjoy lemonade and trade!



The Fitness Room is open through Recreation and Parks and appointments are no longer required.

CENTER INFORMATION

50+ Center Staff

Regina Jenkins Director

rjenkins@howardcountymd.gov
410-313-5443

Chris Ferraro, Registrar

cferraro@howardcountymd.gov
410-313-5440

Evan Larkin, Utility Worker

elarkin@howardcountymd.gov
410-313-4836

Cathy Burkett, Assistant Director

cburkett@howardcountymd.gov
410-313-4832

Connections / Kindred Spirits

Judy Miller, Director

jumiller@howardcountymd.gov
410-313-4849

Andrea Bryant, Program Assistant

abryant@howardcountymd.gov
410-313-5441

Bridget McAndrews, Program Assistant

bmcandrews@howardcountymd.gov
410-313-5441

Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the Front Desk to assure that your membership is current.

Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.

Glenwood 50+ Center Council

President: Laurel Gafke

Vice President: Bernadette Roussel

Secretary: Linda Deffinbaugh

Treasurer: Gary Gafke

Members at Large:

Annette Dill Bea Dane

Joel Goodman Willie Hill

Toni Matthews

KINDRED SPIRITS

Have you or someone you know been diagnosed with an early stage memory disorder?

Kindred Spirits Social Club is currently seeking new members for this unique program created to provide socialization and structured activities for individuals in the early stages of Alzheimer's or other related disorders.

The program is located at the Gary J. Arthur Community Center in Glenwood.

Please contact Judy Miller at the Glenwood 50+ Center for more information.
Judy Miller, Director 410-313-5441 or
jumiller@howardcountymd.gov

CENTER CLOSINGS

Monday, July 5 **CLOSED** (Independence Day)

JULY GLENWOOD 50+CENTER ACTIVITIES

			1 \$HATHA YOGA 9 AM \$CHAIR YOGA 10 AM BOOK CLUB 1 PM	2 BASKETBALL 9 AM \$PILATES 9:30 AM
5 CLOSED INDEPENDENCE DAY	6 TUESDAYS ON THE TRAILS 9:30 AM \$HATHA YOGA 8:45 AM \$CHAIR YOGA 9:45 AM	7 BASKETBALL 9 AM OPEN ART STUDIO 10 AM \$REVOLUTIONARY WAR 10 AM \$LINE DANCING BEGINNERS 12:30 PM \$LINE DANCING INTERMEDIATE 1:30 PM	8 \$HATHA YOGA 9 AM \$CHAIR YOGA 10 AM	9 BASKETBALL 9 AM \$PILATES 9:30 AM
12 OPEN ART STUDIO 10 AM PRIME TIME TONE AND BALANCE 11 AM \$OPEN LINE DANCING INTERMEDIATE 12:30 PM	13 \$HATHA YOGA 8:45 AM \$CHAIR YOGA 9:45 AM \$OPEN LINE DANCING ADVANCED 12:30 PM DIY PAPER CRAFTING 1 PM	14 OPEN ART STUDIO 10 AM NUTRITION COUNSELING 10 AM \$REVOLUTIONARY WAR 10 AM PRIME TIME TONE AND BALANCE 11 AM FLEA MARKET SWAP 11 AM \$LINE DANCING BEGINNERS 12:30 PM \$LINE DANCING INTER 1:30 PM	15 \$HATHA YOGA 9 AM \$CHAIR YOGA 10 AM	16 \$PILATES 9:30 AM \$FUSED GLASS PENDANTS 1 PM
19 BASKETBALL 9 AM OPEN ART STUDIO 10 AM PRIME TIME TONE AND BALANCE 11 AM HISTORY OF BROADWAY 11 AM \$OPEN LINE DANCING INTER. 12:30 PM	20 \$HATHA YOGA 8:45 AM \$CHAIR YOGA 9:45 AM \$OPEN LINE DANCING ADVANCED 12:30 PM	21 BASKETBALL 9 AM OPEN ART STUDIO 10 AM \$COOKING DEMO DINNER SALADS 11 AM PRIME TIME TONE AND BALANCE 11 AM \$LINE DANCING BEGINNERS 12:30 PM \$LINE DANCING INTERMEDIATE 1:30 PM	22 \$HATHA YOGA 9 AM \$CHAIR YOGA 10 AM	23 BASKETBALL 9 AM \$PILATES 9:30 AM
26 BASKETBALL 9 AM OPEN ART STUDIO 10 AM \$OPEN LINE DANCING INTER. 12:30 PM	27 \$HATHA YOGA 8:45 AM \$CHAIR YOGA 9:45 AM \$OPEN LINE DANCING ADVANCED 12:30 PM \$SIMPLE SUMMER DESSERTS 1 PM	28 BASKETBALL 9 AM OPEN ART STUDIO 10 AM \$LINE DANCING BEGINNERS 12:30 PM \$LINE DANCING INTERMEDIATE 1:30 PM	29 \$HATHA YOGA 9 AM \$CHAIR YOGA 10 AM	30 BASKETBALL 9 AM \$PILATES 9:30 AM \$PATIO PROJECT 11 AM

ONGOING PROGRAMS

Open Studio: Arts & Crafts

Mondays, Wednesdays, 10 am - noon

Are you working on any crafts at home? Painting, knitting, crocheting, jewelry making, or paper crafts.

Tuesdays on the Trails

Tuesdays at 9:30 am

Join us on the trails of Western Regional Park. Interested in trail walking to enjoy the peacefulness of the woods. We will walk 30 - 45 minutes. Dress for the weather, bring water.

Billiards and Table Tennis

Monday - Friday 9 - 3 pm

Walking Group

Monday - Friday 9 - 10 am

Basketball

Mondays, Wednesdays, Fridays

9 - 11 am

Gym closed July 12-16

Pinochle

Tuesdays, Thursdays

9 - 4 pm

Pinochle is a classic two-player game developed in the United States, and it is one of the country's most popular games. New players and beginners are always welcome.

Glenwood Book Club

Every 6 weeks

Thursday, July 1, 1 pm

Hybrid

Join this group to enjoy and discuss a different book every six weeks. This month's book is *The Silent Patient*, by Alex Michaelides.

Pickleball Outdoors

Monday - Friday 9 am - 4 pm

Rent a net for \$5 and play on lined courts (3 hour time limit)

New Pickleball Program Begins September

Tuesdays and Thursdays 12 - 2:30 pm

Open play for adults 50+. Players rotate play using the paddle/paint stick method.

Participants can register for one or multiple dates in a given month based on their availability and there is a fee of \$2.50 per date. There is a maximum number of participants allowed to enroll.

Fridays 12 - 2:30 pm

This program is for beginners. There will be a 30 minute orientation at 12 pm each Friday. No instruction. Registration and rotation same as Tuesdays and Thursdays. \$2.50 per date.

Maryland Access Point

Thursdays, 10 am - 2 pm

Emily Leclercq, Resource Specialist with the Howard County Office on Aging and Independence will be available by appointment. She can assist you in navigating aging services in the present as well as future needs. To make an appointment to meet with Emily in person at Glenwood please call her at 410-313-5917.

Nutrition Counseling

1st Wednesdays, 10 am

Wednesday, July 7, 10 am

Registered dietician, Carmen Roberts is available to consult members individually, call the front desk to make an appointment.

PROGRAMS, EVENTS AND CLASSES

Revolutionary War: Turning Point

Wednesdays, July 7, 14, 10 am

Cost: \$6.50 per class

In this 3 week program, learn about the Revolutionary War Turning Point: Burgoyne's 1777 Campaign. The major topics include: supplies, planning, and reasons why Burgoyne lost. The two battles of Saratoga; myth and reality and Benedict Arnold's role in this campaign.

Instructor: Roger Swartz

DIY Paper Crafting

Tuesday, July 13, 1 pm

Hybrid

Bring your paper crafting projects for a show and tell. See a journal making project and an incredible paper transformation

Instructors: Cathy Burkett, Regina Joffe

Flea Market Swap

Friday, July 30, 11 am

Join us at Glenwood for a flea market swap. Bring up to 3 items from home, gently used or lightly loved. Home décor or kitchen items. Enjoy lemonade and trading amongst the group.

Fused Glass Pendants

Friday, July 16, 1 pm

Cost: \$30

Join Cathy for this workshop To create two different pendants. Class will include cutting and designing. Can be picked up later after firing.

Instructor: Cathy Burkett

History of Broadway

Kander & Ebb

Monday, July 19, 11 am

Join Steve Friedman for his entertaining and informative series on Broadway. Each session focuses on a different era, enjoy lecture and singing.

Instructor: Steve Friedman

Cooking with Cathy

Wednesday July 21, 11 am

Cost: \$8

Join Cathy for a refresh on summer dinner salads to enjoy in warm months.

Instructor: Cathy Burkett

Simple Summer Desserts

Tuesday, July 27, 1 pm

Cost: \$6

Join Regina for a delicious and fun workshop on creating easy summer desserts. Not too heavy, not too hard is our theme! We will experiment with sorbets, and fruit tarts.

Patio Project

Friday, July 30, 11 am

Cost: \$5

Ready to up the look of your deck or patio? Let's create together. We will be making concrete candle holders for your citronella candles or tea lights. All materials will be provided. Wear clothes that can get messy and bring gloves. Get comfortable working with concrete then get ready to make a larger project in August.

EXERCISE AND FITNESS

Hatha Yoga

Tuesdays, 8:45 am

Cost: \$30 for 5 classes

Thursdays, 9 am

Cost: \$24 for 4 classes

The practice of Hatha Yoga can help with greater flexibility and strength, as well as relaxation. This class includes slow paced stretching.

Instructor: Mary Garratt

Chair Yoga

Tuesdays, 9:45 am

Cost: \$30 for 5 classes

Thursdays, 10 am

Cost: \$24 for 4 classes

Through creativity and modifications, everyone can do yoga with a chair. In this gentle/beginner's level class, yoga poses are done seated in a chair or standing using the chair as a prop for support and stability. Reap the benefits of greater flexibility, increased energy, improved memory and clarity, better concentration, and improved overall health.

Instructor: Mary Garratt

Pilates

Fridays, 9:30 am

Cost: \$24 for 4 classes

Pilates is an exercise program emphasizing core stability, balance, and abdominal strength. It is based on 34 basic movements that are performed on a mat. Pilates supports a healthy back and invigorates overall fitness. This class is open to all fitness levels and modifications are available.

Instructor: Bob McDowell

Prime Time

Mondays, Wednesdays

11 am

Cost: \$24 for 6 classes

A class focusing on functional fitness for everyday living. Have fun getting fit and strong and improve your range of motion and balance. Tone your major muscle groups with both seated and standing exercises. Instructor will show modifications for a seated option.

Instructor: Mary Ann Larkin

Line Dancing Open Studio Beginners

Mondays, 12:30 - 2:30 pm

Cost: \$5 per month

This is open to all beginners to practice with others of the same skill level. Led by a volunteer.

Line Dancing Open Studio Intermediate

Tuesdays, 12:30 - 2:30 pm

Cost: \$5 per month

This is open to all beyond beginners to practice with others of the same skill level. Led by a volunteer.

Line Dancing Instruction Beginner

12:30 pm

Cost: \$24 for 4 weeks

Dancing is great exercise and fun. Come join us for Basics. Please wear leather soled shoes.

Instructor: Sandy Garrish

Line Dancing Instruction Intermediate

1:30 pm

Cost: \$24 for 4 weeks

Expand your knowledge of the popular line dances. Line dancing is one of the most fun dances out there because you can do it anywhere, and you do not need a partner!

Instructor: Sandy Garrish